

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

1-10. (canceled)

11. (new) An apparatus (1) for making figures or body exercises in rotation, comprising:

a lower part (20) comprising non-skipping means (22) on an exercise surface (S);

a mobile upper part (10) rotating relatively to said lower part (20); and

means (30) for coupling in rotation said respectively upper and lower parts (10, 20),

wherein said upper part (10) comprises a gripping piece (100) conformed to receive a user's (U) hand and including

a hollow central part (16) conformed to receive in an ergonomic way the palm of the user's (U) hand (M), and

a plurality of recesses extending beyond said central part (16) for receiving said user's (U) fingers.

12. (new) The apparatus (1) of claim 11, wherein the gripping piece (100) includes two main protrusions (11, 15)

respectively placed on one side and the other side of the central part (16) and three inter-digit protrusions (12, 13, 14) located substantially in circle arc between said two main protrusions (11, 15).

13. (new) An apparatus (1) according to claim 11, wherein the gripping piece (100) has substantially symmetric structure for receiving indifferently the left hand or the right hand of the user.

14. (new) An apparatus (1) according to claim 11, wherein the gripping piece (100) is made by moulding.

15. (new) An apparatus (1) according to claim 11, wherein the rotatively coupling means (30) comprise a ball bearing.

16. (new) A gripping organ (40), of the type equipping the upper part of an apparatus according to claim 11, including a hollow central part conformed to receive the palm of the hand of a user, and a plurality of recesses extending beyond said central part for receiving fingers of said user.

17. (new) The gripping organ (40) of claim 16, further comprising an attached portable accessory (6A, 6B, 6C, 6D).